

## Speak Law – Thy Servant Heareth”

By Lillian C. V. Poston

Ancient texts of indigenous peoples residing great distances from each other reveal similarities of belief systems, food supplies and social customs. For these people, observation of natural growth patterns; creature habits, weather signs, etc. were inspiring teachers as well as the elders of the tribe. There was (and is) a reverent respect for the creative forces; a respect for nature's ways preceded the establishment of a scientific realm separated by form.

The five senses: taste, touch, sound, sight and feelings were recording instruments. These same senses are our link today between the inside and outside worlds of the human.

Over eons of time, refinements of facts have brought us up to date to appreciate laws that govern . . .

Of creation which have opposite and equal reactions.

The lowest common denominator of life energy – is vibration. This vibration has four characteristics, i.e. no religious persuasion, no cultural bias, does not judge nor condemn, it just IS.

To bring us quickly up to present age, present time, we find ourselves living in a most exciting age. Technologies are exploding around us; becoming obsolete overnight in some instances. All these happenings teach us the more we learn of creation, the more there is to know. A crisis

in consciousness is developing in outer and inner space.

Our work with the varied modalities of balancing life energy within the human? challenges the integration of body-mind-spirit.

David Bohm, physicist, calls vibration matter as “frozen light.”

This paper deals with aspects of Touch For Health Kinesiology, founded by John Thie. Let us begin with a few facts about the skin of bodies (see page 3 on skin facts & skin appreciation).

Communication via the acupuncture system to the physiology of the form has definite pathways of receiving and responding to messages. These messages act according to universal laws. These acts take on an aura of speech: thus the facilitator studies to understand the universal law and can evaluate if the response is balanced. Should a deviation of response occur, again the facilitator knows how to make proper adjustments.

The Touch For Health format studies (and teaches) how to balance the flow of chi from the atmosphere through the Chakras, meridians, muscles and organs. The Chinese law of the five elements and the Chinese 5 Element metaphors are disciplines that enhance the quality of life.

At the beginning of a Touch for Health, Level 1 class, it was decided to take aura photographs of the students, before and after the class. The events that followed reinforced the practical value of learning Touch for Health. Aura changes in each student were dramatic. We had the privilege of recording the happy adult recipient of a life goal balance – to regain a childhood clairvoyant talent. The aura changes as well as the physical effect were proof positive of the results. (Overhead projection of these aura changes will be shown.)

Learning Touch for Health pays big dividends. It is simple to learn – you carry the necessary tools with you all the time – head – heart – and hands.

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas A. Edison

#### **SKIN FACTS AND SKIN APPRECIATION**

“Most of us take our skin entirely for granted, except when it burns and peels, or breaks out in pimples, or perspires unpleasantly. When we think of it at other times, it is with a vague wonder at so neat and efficient a covering for our insides: waterproof, dustproof, and miraculously—until we grow old—always the right size. As we grow older we begin to discover qualities of the skin, color, firmness, elasticity, texture, we had failed to notice at all before we began to lose them. With the accumulation of years we are apt to regard our aging skin as a rather dirty trick, a

depressing public evidence of aging, and a somewhat unwelcome reminder of the passage of time. No longer the good fit it once was, it grows loose and baggy, and is often wrinkled, dry and leathery, even parchment-like, sallow, splotched, or otherwise disfigured.”

-Ashley Montague, Touching

But this is superficial and the skin is still functioning!

\* Physiologically the skin has seven primary functions:

- 1) our skin acts as a barrier and a protector of underlying parts from mechanical and radiation injuries and invasion by foreign substances and organisms (viruses, bacteria, parasites)
- 2) our skin is a sense organ with receptors for heat, cold, touch, pressure and pain.
- 3) our skin acts as a temperature regulator
- 4) our skin is involved in the metabolism and storage of fat, and in water and salt metabolism by perspiration
- 5) our skin is a reservoir for food and water
- 6) our skin is a facilitator of the two-way passage of gases
- 7) our skin is 'the seat of the origin of vitamin D



\* In the average adult male, the skin weighs about 8-10 pounds and covers about 18,000 square centimeters or about 18 square feet, about: the area of a twin bed 3'x6'

\* The skin ranges in thickness from 1/10th of a millimeter to 3 or 4 millimeters and is thickest on the palms and soles.

\* The number of sensory fibers from the skin entering the spinal cord by the posterior roots is over half a million!

**A PIECE OF SKIN THE SIZE OF A QUARTER CONTAINS;**

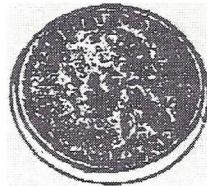
3 million cells

100 sweat glands

50 nerve endings

3 feet of blood vessels

640,000 sensory receptors



We nourish our bodies with air, food and water to sustain life and nourish our minds with thoughts, speech and education but do we nourish our skin? Touch is our primary skin nourishment and when we do not receive enough touch, it can affect our bodies and our minds, and our emotions and behaviors. The skin can be 'hungry for touch' and one can 'crave affection'. Touch is our basic expression of love; we use our skin to touch and be touched, to love and be loved. Massage is loving touch which nourishes the skin hunger and helps maintain our body's state of wellness and, balance, by

stimulating our external nervous system, our significant organ the skin!!

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